



Dose

Benefit

2 capsules per day

Optimum benefit

1 capsule per day

If the SuperBio effect is too pronounced, then 1 capsule per day will still deliver sufficient probiotic and probiotic fuel to provide benefit, however, the benefit timeline may be extended.

1 or 2 capsules after food

SuperBio can be taken soon after food to address any acid reflux or heartburn issues.

1 or 2 capsules added to food or drink

If swallowing the capsule is difficult the SuperBio capsule can be opened and the contents added directly to yoghurt or a cold smoothie of your choice. Avoid adding the contents to warm food preparations.